



HERITAGE·CENTER NEWSLETTER

July
August
2013

A RECREATION CENTER FUNDED AND OPERATED BY MURRAY CITY DEDICATED TO ENHANCING THE QUALITY OF LIFE FOR ADULTS AGE 55+.

Services Offered

- Arts & Crafts
 - Cultural Programs
 - Daily Lunch
 - Education
 - Exercise
 - Health Services
 - Information & Referral
 - Recreation
 - Socialization
 - Transportation
 - Travel
 - Volunteer Opportunities
- Open Monday
through Friday
8:00-4:30
Thursday
8:00-10:00

Meal Program Time Change - 11:30-12:30

You will no longer have to be here by 12:00 noon for the Heritage Center daily meal program. Starting in July, the Tuesday-Friday meal will be served anytime between 11:30-12:30. You are welcome to eat when you'd like during the one hour serving time. You will also be paying for your lunch in the kitchen area AFTER you choose what you'd like to eat. That means you will go through the line when you are ready to eat (anytime between 11:30-12:30), tell the server in the kitchen your selection (main entree, salad, sandwich, or combination) and then you will pay as you exit the kitchen. No more tickets, just go into the kitchen between 11:30-12:30 and choose your meal then pay as you leave the kitchen. We hope the change will give more flexibility to the daily meal program. Along with the meal time change, a few program time changes are also occurring. Note the following changes - morning Line Dancing on Tuesday will run from 9:30-11:00, Bingo on Wednesday/Friday will begin at 1:00. Don't forget, during the summer, the patio brunch is open on Mondays from 10:00-12:00. Come and enjoy breakfast items served to you at your table by community volunteers from SelectHealth and enjoy it in the beautiful backyard. ♦

Free Family Concert Monday, July 8 - 7:00 PM "Polkatonics"

Enjoy German folk music from one of the headliner bands from the popular Snowbird Oktoberfest.



Free Family Concert Monday, August 12 - 7:00 PM "Top Brass"

*A Utah premier Brass Band
Bring the whole family - all ages are welcome.*

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INSIDE THIS ISSUE ARE DESCRIPTIONS OF UPCOMING PROGRAMS, CLASSES, AND SERVICES.
KEEP THIS COPY AS A REFERENCE FOR YOURSELF AND OTHERS. ONE COPY PER FAMILY PLEASE.
DONATIONS TO HELP COVER THE COST OF THIS NEWSLETTER ARE APPRECIATED.

Advertisements

The Heritage Newsletter accepts sponsors who are eager to convey their message to our audience and to support production of this publication. Camera-ready copy is required and must be received by the 10th of the month preceding publication.

Rates, based on a one issue insert:

\$200 full page

\$250 back page

\$100 half page

\$50 1/4 page

\$25 1/8 page

Multi-issue discounts are available. Request a rate card by calling or writing the Center:

Heritage Center
#10 E. 6150 S.
Murray UT 84107
801-264-2635
fax 801-284-4233

The Heritage Center assumes no liability nor takes any responsibility for the products and/or services offered through the Newsletter. In addition, copy accepted for publication does not involve or imply endorsement on the part of the Heritage Center.

Personal notices are charged the rate of 50¢ per line per issue.

♦♦♦

Special Accommodations

Persons needing special accommodations to participate in activities at the Center are requested to inquire at the front desk. The Center will make every effort to assist hearing, vision, or physically impaired participants if notified at least three working days in advance of the need. ♦

Heritage Newsletter

This newsletter is produced monthly by the Heritage Center staff and is available to center participants. The Heritage Center is funded and operated by Murray City.

Mayor

DANIEL C. SNARR

Chief of Staff

JAN WELLS

Public Services Director

DOUG HILL

City Council:

DAVE NICPONSKI, DISTRICT #1

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JARED A. SHAVER, DISTRICT #4

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♦♦♦

Heritage Center Staff:

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Secretary

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Meals Assistant

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Kitchen Helper

ERIC FREDRICKSON

Custodian

DON SMITH

Vehicle Driver

ROBERT HIMES

LEE CROSBY

Building Attendant

PETE WRIGHT

♦♦♦

Heritage Advisory Board

JUDY BAXENDALE, CHARLOTTE COX,

KATHY HOUSTON, JO HARRIS,

SHIRLEY MEIER, ERICH MILLE,

ROBERT MILLARD, GREG WALDRON

ROD YOUNG

Newsletter Cost

The suggested donation for this publication is 75¢. Subscriptions are available for \$18 per year and mailed to your home. ♦

Notary Available



Susan Gregory, Heritage Director, is a Notary and available to sign documents that need to be notarized. Susan is not always available so appointments are encouraged. ♦

Copies

You can get a copy made at the front desk for 10¢ per page. Copies are limited to 10. ♦

Gifts

Gift certificates are available for any program offered at the Center. A one day notice is needed for gift certificates. If your son, daughter, grandchildren, or friends don't know what to give you for your birthday, suggest a gift certificate, a credit on your Heritage account, or a week's supply of lunch coupons. ♦

Credit Cards



The Heritage Center accepts all major credit cards for activity payments at the Center. Credit cards may be used to make reservations for classes and activities over the phone or in person. ♦

COMPUTERS...COMPU

Computers

The computer lab has 7 personal computers with Windows 7, Microsoft Word Starter and Internet access. The Center also has wireless Internet in the building. A webcam is available to check out at the front desk and is used for calling friends and family on SKYPE. See Susan if you want to learn how to use the webcam.

Computers are available any time a class is not being held. There is no charge to use the computers but printing is 5¢ per page.

Group and Private classes are available. Group classes are scheduled based on interest. Private lessons are a great way to have your individual needs addressed. Private lessons are only intended to address issues with a program you currently use, not to teach you a new program. Sign the interest sheet at the front desk if you'd like a group class on subjects such as Computer Basics, Internet, Email, Excel, Facebook Photo touch up or others. Group lessons are 3-5 sessions long.

Private lessons cost \$3 for 1 hour and are available on the following days: Tuesday at 12:30 or 1:30 with Rylee, Wednesday at 10:00 or 11:00 with Carolyn. Glen is also in the Computer room on Fridays from 9:30-11:30 to answer questions (free). Karl Molander is available for genealogy lessons and scheduled as needed. ♦

THURSDAY EVENING...THURSDAY EVENING...

Thursday Evening Center open until 10:00 PM

The Center is open until 10:00 PM on Thursday evenings. Enjoy the computer lab, billiard room, exercise room or dance to the music of Tony Summerhays. Scheduled programs listed below:

Evening Social Dance -- Dance to the musical genius of Tony Summerhays each Thursday night from **7:00-10:00 PM**.

Cost of this activity is \$4 per person. Refreshments will be served during the break and door prizes will be given each week. Advanced registration is not required. Pay at the door.

Each Dance is supported by a sponsoring agency which provides the refreshments and a door prizes. May & June our sponsors were: Village Inn Murray, Village Inn West Jordan, Chuck-A-Rama, Tony Summerhays, Noreen Hanssen, Skip Whitman, & Cindy Jones. ♦



Dinner Dance - Thursday, Aug. 8 - 6:00-10:00

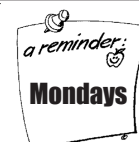
Mark your calendar for the annual Summer Dinner Dance on **Thursday, August 8, from 6:00-10:00**. Dinner will be ready to eat at 6:00. You may eat on the patio or in the dinning room. Calli, the Center's chef, will prepare a Spaghetti Dinner, Salad, Dessert and a Drink. Make your reservations today. The cost of the Dinner and the Dance is \$4. Thank you Tony Summerhays for sharing the cost of the dinner with the Heritage Center. ♦

Remote Control Aircraft Club --The Ute Radio Control Association will meet at the Center on **Thursday, July 11** at 7:00 PM to share flying stories, display member's aircraft, review upcoming activities, and discuss items related to the club's functions. Those interested in Remote Control Flight of aircraft of any type, pilots of any skill level, please come by. The club meets on the second Thursday of every month. ♦



Monday Brunch
10:00-12:00

Order from the Heritage menu and enjoy!



HEALTH SERVICES...HEALTH SERVICES...HEALTH SERVICES...HEALTH SERVICES...

Thursday, August 22 – 9:30-11:30

Podiatrist

Dr. Scott Sheldon, a local Podiatrist, will be at the Center on **Thursday, August 22**, from **9:30-12:00** to provide toenail clippings and routine foot screenings. *Dr. Sheldon is unable to provide services for people who are diabetic or on blood thinners.*

The cost is \$10 and payment is required when making your appointment. Sign up now at the front desk for this service. ♦

Blood Pressure

Blood Pressure and Glucose Screening is offered on the 1st Thursday of every month compliments of Harmony Home Health & Hospice. The service is free and runs from 11:00-12:00 in the lobby.

Thank you Harmony Home Health! ♦

Prevent Heat Stress

- ♦ Drink plenty of liquids - eight or more 8-ounce glasses per day and or fruit juices - every day to stay hydrated.

- ♦ Avoid caffeinated and alcoholic beverages.

- ♦ Reduce strenuous activities.

- ♦ Dress appropriately. Wear loose-fitting clothes in natural fabrics like cotton and dress in light colors that will reflect the sun and heat instead of darker colors that will attract them. ♦

Are You Protected?

If you're not getting the vaccines you need, you may be at risk for a serious infection or long-term health problems.

The Centers for Disease Control and Prevention (CDC) recommends that older adults get the following vaccines:

Shingles Vaccine

One shot reduces the risk of shingles, and long-term pain after shingles, in adults. Shingles is a disease that causes a painful, blistering rash. One in five people with shingles will have severe, long-term pain after the rash heals. Almost all older adults can get shingles. About one in three people will develop the disease during their lifetime. Shingles is more common and more serious in older adults. Nearly 1 million Americans get shingles every year and about half of them are 60 years old or older.

TDAP (Tetanus, diphtheria, pertussis) Vaccine

One shot reduces the risk of getting potentially deadly infection and the risk of spreading some of these infections to others. Pertussis, also called whooping cough, can be a serious – even deadly – disease in babies. Parents and grandparents can be ill with whooping cough for months and can pass the infection to babies too young to be vaccinated.

Tetanus is a painful infection. Most of the deaths from tetanus are among older adults. Adults should receive a dose of Tdap vaccine in place of one of their 10-year tetanus booster shots.

Pneumococcal Vaccine

One time shot age 65 or older unless recommended otherwise.

Flu Shot – Every year. ♦

Proper Disposal of Medication

You may have unused, expired or over the counter drugs just sitting in your medicine cabinet. What should you do with them? Murray City Corporation and the Murray Police Department established a disposal program for residents by installing a locked, mounted steel collection bin in the lobby of the police station at Murray City Hall for the proper disposal of prescription and over-the counter medication. A local agency then collects and burns the drugs. Take unused or expired medications to the Murray City Hall, located at 5025 South State Street, Room 206 from 8:00-5:00 Monday-Friday. Instructions: No mail, No syringes, No Hazardous material. Place pharmaceutical in provided bag. Seal plastic bag and then deposit bag in Pharmaceutical Disposal Bin.

Disposal of unused medication by flushing them down the toilet, washing them down the sink, or throwing them in the trash is unlawful. ♦

EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE...EXERCISE

NIA

Mondays

9:00 - 10:00

\$10 per month, punch pass, or \$3

STRENGTH CONDITIONING

Mondays & Thursdays

2:00-3:00

\$15 per month, punch pass, or \$3

STRETCH & TONE

Tuesdays & Thursdays

9:00-10:00

\$15 per month, punch pass, or \$3

TAI CHI

Tuesdays & Thursdays

10:30 - 11:30

\$15 per month, punch pass or \$3

LINE DANCING

Tuesday Everyone

9:30-11:00

Tuesday Beginners

2:00-3:00

\$1.50 per class

CHAIR A-ROBICS

Wednesdays and Fridays

11:15-11:45 Free

YOGA

Wednesdays & Fridays

10:00-11:00

\$15 per month, punch pass, or \$3

ZUMBA

Fridays

9:00-10:00

\$10 per month, punch pass, or \$3

OPEN EXERCISE ROOM

Open for use daily

\$5 per month or \$1 per visit

Treadmill, Recumbent Bike, Hand & Leg Weights, Weight Machine.

Total Fitness Pass \$30 per month - unlimited classes & exercise room.

Monthly Pass and 100% Attendance Challenge

Special Monthly Total Fitness Pass

The Center would like to help you with your exercise goals. Take advantage of the following money saving programs:

#1 - Monthly Fitness Pass - Pay \$30 the first week of each month and then attend as many classes as you'd like plus utilize the exercise room as much as you'd like. The cost is just \$30 for the month of July.

#2 - Take the 100% exercise challenge. If you attend a twice a week class 100% of the time during July you'll receive a \$5 off coupon to use in August for any exercise class or program. Classes that are eligible for the 100% challenge include: Monday **NIA** & Friday **Zumba** (attend both classes each week), Monday & Thursday **Strength**, Tuesday & Thursday **Stretch & Tone**, Tuesday & Thursday **Tai Chi**, Wednesday & Friday **Yoga**.

How do you participate in the challenge? You must make sure you SCAN in each morning and also have the front desk record you are here on the class roll sheet. You may not combine different classes (except NIA/Zumba). ♦

Tuesdays & Thursdays - 12:30

U of U Exercise & Sports Volunteers

A group of U of U Exercise & Sports Students will be at the Center every **Tuesday & Thursday, from 12:30-2:00**. They will be available to help you get the machines started, support your exercise program, and answer any questions. From **12:30 to 1:30** they will teach a balance class that will improve your fitness level, increase your endurance, balance, & stretching abilities. From 1:30 to 2:00 they will be in the exercise room to help address individual exercise concerns.

There is a sign up sheet in the exercise room to request a time to meet with the students to assist you in meeting your exercise goals. Sign up is only required for one-on-one assistance, everyone is welcome to meet with the students to jump start their exercise program with the help they need!

The exercise room cost is \$5 a month or \$1 a day. ♦

Thank You

A special Thank You to Brent Jaeger for his help with the Car Show. He was responsible for getting the prizes and trophies and he did a terrific job! Congratulations to Tom Sawyer who won the Director's Choice for his Bohman special and Lutz North who won the People's Choice for his 1954 Ford Customline Police Car. ♦

CLASSES...CLASSES...CLASSES...CLASSES...CLASSES...CLASSES

Friday, July 19 - 10:30

The Grocery Guru

The Center is pleased to present Ken Rosebery, the Grocery Guru on **Friday, July 19 at 10:30.**

Ken is featured 3 times a week in both the Salt Lake Tribune, Deseret News, and has a one hour radio show Saturday morning on KRNS morning show.

Ken's program will show you how to save up to 70% on your groceries in less than 20 minutes a week shopping at one store of your choice, 70% on any item of your clothing, dining, gas for your vehicle, and up to 70% on any item you may need. This presentation is FREE, sign up now. ♦

Wednesday, August 14-9:00-12:00

Painting Class

A new six week session of the painting class starts **Wednesday, August 14, 9:00-12:00** and will run through September 25. The cost is \$30 and payment is needed in advance. Teri Wood-Elegante is the instructor. Teri has trained under some of the best masters in water-color. She also will be teaching oils. ♦

Craft Day - Tuesdays

A small group of students from past craft classes meet on **Tuesday** afternoons at **12:45** to share their skills and knowledge and chat about things that are important in their lives. Newcomers are welcome. Bring your projects to share. ♦

Tuesday, July 23 - 10:30

Climbing the Peaks

The Center is proud to announce that Dr. Carol Masheter will be presenting a slide show on **Tuesday, July 23 at 10:30.** One of the world's best kept secret is how beautiful Antarctica is. The most isolated and pristine of the seven continents, Antarctica has a unique, other-worldly beauty. Yes, it is very cold, even during the Austral summer days of 24-hour sunlight, but its community of non-permanent residents, including scientists, rangers, pilots, mountaineers, skiers, and camp workers, who share a special generosity and friendliness. Carol Masheter, currently the oldest woman in the world to summit the highest peak in each continent, will show pictures and share some of her experiences from her 2012 climb of the Vinson Massif (16,067 feet in elevation), the highest peak in Antarctica. This is a FREE class, sign up now.

Healthy At Every Size - Friday, August 2 - 10:30

The Center is pleased to announce that Deborah Passey, from the University of Utah Occupational and Environmental Health Center will be conducting a class on **Friday, August 2 at 10:30** to teach Healthy Eating for Life. She is a graduate student with a special interest in healthy eating and how food is connected to our emotional life.

She will talk about the differences in emotional eating and physical hunger. Emotional hunger comes on suddenly; physical hunger occurs gradually. When you are eating to fill a void that isn't related to an empty stomach, you crave a specific food, such as pizza or ice cream, and only that food will meet your need. When you eat because you are actually hungry, you do not limit your food options and you're more likely to stop when you're full.

Come prepared with questions for her to answer. She will have several different handouts. We will also have cut veggies and some fruit to snack on during the class. This is a FREE class, sign up now.

Ceramics - Tuesday & Thursday 8:30-12:00

The ceramic class operates on **Tuesdays** and **Thursdays** from **8:30 to Noon** and contains all the supplies and equipment you will need to produce knickknacks, works of art, and functional pieces such as plates and bowls. The instructor, Cindy Mangone, has information for the beginner to advanced student.

The cost to participate starting in July is \$1.50 (.50 increase) each time you attend plus supplies. ♦

CLASSES...CLASSES...

Monday, July 29 - 9:30

Monday, August 26 - 9:30

Driver's Safety Class

The class will be held **Monday, July 29** or **Monday, August 26** from **9:30 - 2:00**. Sign up now.

This **AARP** driving class, taught by a volunteer instructor from AARP, is 4.5 hours of classroom instruction that helps redefine existing skills and develop safe, defensive driving techniques.

Sign up at the front desk. The cost of this class is \$12 for AARP members and \$14 for everyone else. The instructor will collect the fees at the start of the class. Bring your AARP membership card and valid driver's license. If time allows, a safety check of each participant's car will be conducted. ♦

Coming in the Fall

Living Well with Chronic Conditions

The Center and the Tosh Arthritis Program is offering Living Well with Chronic Conditions on **Wed., September 18** through **Wed., October 23** from **1:00 - 3:00**. This program is accredited by Stanford University through their Chronic Disease Self Management Program.

Learn Self-Management of Heart Disease, Arthritis, Diabetes, Asthma, Bronchitis, Emphysema and others. This **FREE** 6 week course will cover different topics each week. You can sign up now for this free class. Please plan to attend all 6 classes. ♦

MISC...MISC...MISC...MISC...MISC...MISC...MISC

Murray City Power is Celebrating 100 Years

Win \$100 in the Heritage Essay Contest

Murray City Power has been around 100 years. The Power Department is sponsoring an essay contest for seniors (55+). Three winners will be selected and cash prizes awarded. You could win \$100, \$75, or \$50 dollars.

The theme for the essay is "What experience with electricity stands out during your childhood?" Did you grow up with electricity? Do you remember your 1st television set? Was it the electric washing machine that stands out? You decide your most memorable experience or memory of electricity and share your story in a 750 word essay. Complete rules and guidelines below.

Essay Guidelines

- Essay due date: Friday, August 23, 2013.
 - Return the essay to; Murray Heritage Center front desk or email to heritage@murray.utah.gov
 - Author must be 55+ years old.
 - Not to exceed 750 words.
 - Be positive and personal. Make the essay about you.
 - Write in first person ("I").
 - Writer's name, address, and phone number must be included with submission but will not be counted towards word count.
 - With your submission, you declare that you are the sole author of this work, that you are 55+ years old, and grant Murray City Power permission to reproduce and/or publish your entry.
 - Winners will be announced on Monday, September 9 at the Heritage Center Open House.
 - Cash prizes will be awarded to: 1st - \$100, 2nd - \$75, and 3rd - \$50.
- Congratulations to the Murray City Power Department for 100 years of service! Thanks for letting us participate in your celebration. ♦

Open House coming September 9

Mark your calendar for the Center's Annual Open House on **Monday, September 9** from 5:00-8:00 when we celebrate National Senior Center Month. Enjoy dinner and entertainment by the Great Basin Street Band and a special display showing off the talents of the many participants who attend the Center. Heritage participants are being asked to submit one exceptional item that they have created over their lifetime for the display. If you have a talent you'd like to share by putting something in the display, see Maureen for complete details. More information will also be included in the August supplement. ♦

July Heritage Center Events

Heritage Center

#10 E. 6150 S.

(west of State Street)

801-264-2635

www.murray.utah.gov

heritage@murray.utah.gov

we are here to serve you

Monday-Friday

8:00-4:30 and

Thursday until 10:00 PM



MONDAY

1

9:00 NIA
9:30 IMC Quilters
10:00 Brunch Cafe
1:00 Bridge
1:00 Movie
2:00 Strength Conditioning

8

9:00 NIA
9:30 IMC Quilters
10:00 Brunch Cafe
1:00 Bridge
1:00 Movie
2:00 Strength Conditioning
7:00 Family Concert
"Polkatronics"

15

7:30 Valley View
9:00 NIA
9:30 IMC Quilters
1:00 Bridge
1:00 Movie
2:00 Strength Conditioning
5:00 Volunteer Banquet

22

9:00 NIA
9:30 IMC Quilters
10:00 Brunch Cafe
1:00 Bridge
1:00 Movie
2:00 Strength Conditioning

29

8:00 Round Valley Golf
9:00 NIA
9:30 AARP Driving Class
9:30 IMC Quilters
10:00 Brunch Cafe
1:00 Bridge
1:00 Movie
2:00 Strength Conditioning

TUESDAY

2

8:30 Ceramics
9:00 Stretch / Haircuts
9:30 Line Dancing
10:30 Tai Chi
11:00 Canasta
11:30-12:30 Lunch
12:30 Exercise Help
12:45 Crafts
2:00 Beginners Line Dancing

9

8:30 Ceramics
9:00 Stretch / Haircuts
9:30 Line Dancing
10:30 Tai Chi
11:00 Canasta
11:30-12:30 Lunch
12:30 Exercise Help
12:45 Crafts
2:00 Beginners Line Dancing

16


8:30 Ceramics
9:00 Stretch / Haircuts
9:30 Line Dancing
10:30 Tai Chi
11:00 Canasta
11:30-12:30 Lunch
12:30 Exercise Help
12:45 Crafts
2:00 Beginners Line Dancing

23

8:30 Ceramics
9:00 Stretch / Haircuts
9:30 Line Dancing
10:30 Tai Chi
10:30 Beautiful Antarctica
11:00 Canasta
11:30-12:30 Lunch
12:30 Exercise Help
12:45 Crafts
2:00 Beginners Line Dancing

30

8:30 Ceramics
9:00 Stretch / Haircuts
9:30 Line Dancing
10:30 Tai Chi
11:00 Canasta
11:30-12:30 Lunch
12:30 Exercise Help
12:45 Crafts
2:00 Beginners Line Dancing

WEDNESDAY	THURSDAY	FRIDAY
<div>3</div> <p> 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Birthday Lunch 12:45 Bingo 1:00 Bridge 1:00 Wii Wednesday </p>	<div>4</div> <p>Center Closed</p> 	<div>5</div> <p> 9:00 Zumba 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge </p>
<div>10</div> <p> 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:00 Attorney 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge/ Wii Wednesday </p>	<div>11</div> <p> 8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:00 Blood Pressure 12:30 Mexican Train 12:30 Exercise Help 1:00 Square Dancing 2:00 Strength Conditioning 7:00 Dance 7:00 UTE RC </p>	<div>12</div> <p> 9:00 Zumba 9:30 Computer Help 10:00 Yoga 11:15 Chair A'Robics 11:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge </p>
<div>17</div> <p> 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A'Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Utah Festival Opera 1:00 Bridge 1:00 Wii Wednesday </p>	<div>18</div> <p> 8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:00 Blood Pressure 11:30 Lunch 12:30 Mexican Train 12:30 Exercise Help 12:45 Happy Hatters 1:00 Square Dancing 2:00 Strength Conditioning 3:30 Jam Session 7:00 Dance </p>	<div>19</div> <p> 9:00 Zumba 9:30 Computer Help 10:00 Yoga 10:30 Grocery Guru 11:15 Chair A'Robics 11:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge </p>
<div>24</div> <p>Center Closed</p> <p>Pioneer Day</p>	<div>25</div> <p> 8:30 Ceramics 9:00 Stretch & Tone 10:30 Tai Chi 11:00 Blood Pressure 12:00 Lunch 12:30 Mexican Train/Exercise 1:00 Square Dancing 2:00 Strength Conditioning 7:00 Dance </p>	<div>26</div> <p> 9:00 Zumba 9:30 Computer Help 10:00 Yoga 10:00 Wild Flower Trip 11:15 Chair A'Robics 11:30 Lunch 11:45 Massage 12:45 Bingo 1:00 Bridge </p>
<div>31</div> <p> 9:00 Painting 9:15 Pinochle 10:00 Yoga 11:15 Chair A' Robics 11:30-12:30 Lunch 12:45 Bingo 1:00 Bridge/ Wii Wednesday </p> <p>Newsletter</p>		

RECREATION...RECREATION...RECREATION...RECREATION...RECRE

Billiards and Indoor Shuffleboard



Pool tables, indoor Shuffleboard, and table tennis are provided for your recreational enjoyment during the Center's hours of operation. Visit the pool room at the east end of the building where this equipment is located. ♦

Pinochle - Wednesdays at 9:15



Pinochle tournaments are held on **Wednesday** mornings at 9:15 am. Players must check in no later than 9:00. No advance sign-up is required. The cost is \$2 and is paid tournament day. Copies of tournament rules are posted on the bulletin board. ♦

Bridge - Mon., Wed. & Fri. at 1:00

Informal Bridge play (Chicago/Party) is held on **Monday, Wednesday** and **Friday** afternoons from 1:00-4:00. Some players arrive early to practice and start finding first-round partners. If an even number of players are not available when the play begins then the last person to arrive will be rotated in or three handed bridge will be played if needed. Copies of the bridge play guidelines are posted on the bulletin board in the card room. ♦

Canasta Games - Tuesdays 11:00 - 2:30



Canasta games are conducted on Tuesdays from 11 to 2:30 with a break at noon for the Center's lunch. Beginners are welcome, all games are free, and anyone can join in on the fun. ♦

Birthday Wednesday - Wed., July 3 & August 7

Celebrate your birthday on the first Wednesday of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90... this month (just tell the person collecting the money you've hit a decade). ♦

Bingo - Wednesday & Friday at 1:00



Bingo is played every **Wednesday** and **Friday** immediately following lunch. Bingo is free and winners receive a \$5 gift certificate to Smith's Grocery or Village Inn Restaurant. Donations are appreciated and used to purchase the certificates and prizes for bingo days. A special *THANK YOU* to Village Inn for donating a pie each week for the elimination bingo game. Stop in for a meal and say thanks. ♦

Tuesdays 9:30 & 2:00

Line Dancing

Enjoy some great exercise, stimulate your brain, and meet friends. **Tuesdays at 9:30** for all dancers and **Tuesday** afternoon at **2:00** for Beginners. The cost is \$1.50 and is paid the day of class and placed in the box on the stage. The instructor is Shirlene Lundskog who dances with the Sandy Line Dance performing group. ♦

Thursdays 1:00-3:00

Square Dancing

Kick up your heels with Square Dance caller Don Carlton on **Thursday** afternoons from **1:00-3:00**. The cost is \$1.50 per day and is paid when you arrive.

Don has been calling and conducting classes for more than 40 years. Bring a friend and give it a try. ♦

1st & 3rd Thursday at 12:45

Happy Hatters

The Heritage Center Red Hat Society chapter meetings are held on the **1st Thursday** each month at **12:45** to play BUNCO and Mexican Train and on the **3rd Thursday at 12:45** to play Hand & Foot. The next meetings are on Thurs., July 18, August 1 & 15. Information sheets available at front desk. ♦

RECREATION...RECREATION...RECREATION...RECREATION...RECREATION

Outdoor Brunch Café - Mondays 10:00-12:00

Come and join the Center's Outdoor Brunch Café on **Mondays from 10:00-12:00**. The patio is a beautiful place to enjoy our visiting quail, flowers and the morning breeze. Things are blooming on the patio and the ambience is magical! You will be able to choose a complete meal or pick a la carte from the menu. Choose eggs any style, omelets, pancakes, waffles, french toast, various meat items, hash browns, or the Chef special. Beverages are complimentary with your order.



The Brunch Café will be different from the past patio breakfast. You will meet your cashier out on the patio to fill out your menu and pay. Then you'll take a seat and a volunteer server will pick up your completed menu and take it to the kitchen. Calli and her team will get it ready and your server will bring it out to you at your table. Come and enjoy, it's delicious!

Golf season in full swing!

Golf tournaments are for those 55+ who have attained a basic level of golf skill allowing them to compete in 18 holes of play at a pace comparable to the 100 or more players who will participate in each tournament. Fees for each tournament include green fees, electric cart, and prizes. A one time registration fee of \$7 is to be paid when registering for the first tournament played. The data below reflects the date of play, shotgun start time, course to be played. All tournament fees must be paid at least 10 days in advance.

Upcoming Tournaments

7/15 - 7:30 Valley View \$43	9/9 - 8:00 Talons Cove \$38
7/29 - 8:00 Round Valley \$43	9/23 - 8:30 Meadowbrook \$37
8/12 - 7:30 Fox Hollow \$43	9/30 - 5:00 Golf Banquet
8/26 - 7:30 Davis Park \$45	

Monday Movies - 1:00 - Free Popcorn

July 1 - Jack Reacher - 2012 - 130 minutes
July 8 - Safe Haven - 2012 - 116 minutes
July 15 - Best Exotic Marigold Hotel - 2011 - 124 minutes
July 22 - The Impossible - 2012 - 114 minutes
July 29 - Hitchcock - 2012 - 98 minutes
August 5 - Jack, The Giant Slayer - 2013 - 114 minutes
August 12 - Oz, The Great and Powerful - 2013 - 130 minutes
August 19 - The Host - 2013 - 125 minutes
August 26 - 42 - 2013 - 128 minutes

Thursdays at 12:30

Mexican Train

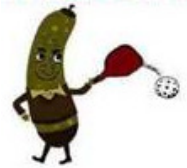


Come in for lunch any **Thursday** and after lunch for the dominos game of **Mexican Train**. Play will begin as soon as lunch is finished (usually around 12:30). Instruction available, bring a friend or come alone. Plan on spending a few hours learning this new game, meeting new friends, and enjoying a great way to expand your mind. It's FREE and lots of fun! ♦

Park Center Pickleball

Drop in play at the Park Center in Murray Park on **Tuesday** and **Thursday** from 6:00-8:00 AM or **Fridays** from 1:00-4:00 PM. No drop in play July 19 and the July 4th time is 1:00-4:00. This schedule is good until August 15. Pickleball is free with a Park Center membership, daily admission, silver sneakers or purchase a 6 card punch pass for \$25. **Pickleball** is part tennis, part badminton, but loads of fun.

Call the Park Center at 801-264-2614 for more information.. ♦



**Heritage Center
Closed
Thursday, July 4
Wednesday, July 24**

RECREATION...RECREATION...RECREATION...RECREATION...RECREATION

Arts in the Park

The Murray Park Amphitheater is located in Murray Park at 495 East 5300 South and has the following programs scheduled:

Murray Concert Band & Guest, One Voice Children's Choir – Saturday, July 6 at 8:00 PM, \$5 Adults, \$3 Child/Senior.

Ballet Under the Stars - Friday, & Saturday, July 12 & 13 at 8:30 PM, \$8 Adult, \$6 Child/Senior.

Twelve Dancing Princesses (Produced by MAC) - July 25-27, July 29-3 at 8:00 PM, \$10 Adult, \$7 Child/Senior.

Jazz Under the Stars, Big Band Swing – Saturday, August 3 at 8:00 PM, \$7 Adult, Children 10 and under free.

Oklahoma – August 15-17, 19, 22-24 at 8:00 PM, \$8 Adult, \$6 Child/Senior.

Murray Acoustic Music Festival Produced by IAMA - Monday September 2, at 6:00 PM, \$5 General Admission. Featuring Charley Simmons, Buckle Busters, & Cold Creek.

Don't forget the free family concerts at the Heritage Center. July 8 at 7:00 Polkatonics, August 12 Top Brass, and September 9 Great Basin Street Band. ♦

Family Concerts

Enjoy free entertainment from some of Utah's best musicians on the 2nd Monday of the month in the back yard at 7:00 PM. All ages are welcome. Bring a picnic dinner and enjoy the show. The Center will open at 6:00 for the 7:00 event.

July 8 - Polkatonics

When you see a band by the name of Polkatonics on the program, you know you're in for a good time. That's the whole idea behind the German folk music group, says founder and trumpet player Ian Murdock.

"People laugh about the name, [but] that's what it is all about and that's fine," says Murdock, who organized the group five years ago.

The band has headlined for the popular Snowbird Oktoberfest and the Center is excited to have them scheduled for the July backyard concert.



August 12 - Top Brass

This versatile group of brass musicians has performed together since the fall of 1993. They have performed at the Utah Arts Festival, Arts Incorporated school assemblies, park events, parades, and other special events. Top Brass is as comfortable playing jazz and Broadway music as it is the more classical and traditional brass quintet literature. The instrumentalists have strong backgrounds in music education and music performance.



Program Changes beginning in July

The morning Line Dancing class will begin at 9:30 AM

The Wednesday/Friday Bingo program will begin at 1:00 PM

The Tuesday-Friday lunch program will be offered from 11:30-12:30 (drop by anytime)

The Ceramic class fee will increase to \$1.50

Travel with friends...

CENTER TRIPS



-- EACH PERSON MAY REGISTER FOR HIM/HER SELF AND NO MORE THAN ONE OTHER PERSON FOR EACH TRIP --

Friday, July 26 – 10:00

Wasatch Wildflower Festival

The Center bus will leave **Friday, July 26 at 10:00** to take part in the Wasatch Wildflower Festival at Brighton. The 3 day Festival celebrates the diverse plethora of wildflowers in our beautiful mountains. We will take a guided one-hour walk around Silver Lake to view and discuss the wildflowers. It is a great way to escape the heat of the city. Make sure to bring water, sturdy shoes, sunscreen and any other items to ensure your own comfort and needs.

Cost for this trip is \$7 and includes a picnic lunch. Sign-up July 9. ♦

Thursday, August 1 – 5:00

Springville World Folkfest

The Center bus will travel to the Springville World Folkfest on **Thursday, August 1 at 5:00 PM**. The group will return about 11:00 PM. Cost is \$10 and includes transportation and entrance into the Festival. Dinner cost is on your own. Bring a lawn chair and umbrella or hat. Trip registration begins July 11. The Springville World Folkfest will bring the color and excitement of traditional folk dance and music from around the world to Springville, Utah. Dancers will perform in one of the largest festivals of folk dance and music in the United States on the outdoor stage at the Spring Acres Arts Park, offering audiences a taste of many different cultures. Prior to the main performance, we will sample a variety of international food and craft booths.

Friday, August 2 – 2:30

Payson Salmon Supper

Join us for the 59th annual Payson Salmon Supper on **Friday, August 2**. The Center bus will depart at 2:30 PM and the cost is \$20. Registration for this popular trip begins on July 12, Trip limited to 20.

Every August thousands of pounds of fresh Alaskan salmon are flown in to Payson City for this hearty meal of fire-grilled salmon served with a baked potato, sweet local corn on the cob, salad and dessert.

This annual celebration attracts visitors from all over, not only for the salmon, but for the entertainment as well. Local firemen, turned salmon chefs, busily prepare and cook the fish to perfection, commonly seen wearing their yellow coats. Musicians and singers serenade the crowd while in line. The wait is well worth it as you're sure to leave this small town with memories of this culinary experience. ♦

Thursday, August 8 – 8:30

Wendover

Travel to Wendover on **Thursday, August 8**, and enjoy a day at the Rainbow Casino. The cost is \$17 per person which includes transportation, a buffet luncheon and free bingo on the bus. Depart the Center at 8:30 am and return approximately 7:00 pm. You may sign up now. ♦

August 27 – 29

Shakespeare Festival

William Shakespeare once wrote "The Play is the Thing!" Cedar City has "the Play" covered. Join us as we visit the Tony Award winning Utah Shakespeare Festival, **August 27-29**. We will stay in the Crystal Inn and seeing three plays of your choice; *King John* or *Anything Goes*, *Love's Labor Lost* or *Twelve Angry Men* and *The Tempest* or *Peter and the Starcatcher*.

In addition we will visit the *Braithwaite Fine Arts Gallery* and the *Garth and Jerri Frehner Museum of Natural History* in Cedar City.

Cost of this trip is \$315 and includes two nights stay at the Crystal Inn, lunch on the way down, two dinners at the Bard's Restaurant and three plays of your choice. The trip is limited to 20 people and sign ups begin July 17. A deposit of \$50 is required and full payment is due by August 2. ♦

SERVICES...SERVICES...SERVICES...SERVICES...SERVICES...SERVICES

Fridays, 11:45-3:45

Massage Therapy

Massage Therapy continues on **Fridays from 11:45-3:45**. Appointments are required and can be made up to two weeks ahead of time. The cost is \$9 for fifteen minutes, \$18 for a half hour, and \$36 for an hour. Payment is due when you make the appointment. If you cannot make your scheduled appointment time, cancellations must be made 24 hours in advance for a refund.

Thelma L. Baker is a licensed massage therapist specializing in therapeutic massages. You can choose from a hand massage, a foot massage, a seated neck and back massage, or a full body massage. If you have a more specific request, please ask Thelma. She may be able to accommodate you. ♦

Scholarship Program

In an effort to enable all senior adults access to Center programs, activities, and meals at the Heritage Center regardless of their ability to pay for services, a Heritage Center Scholarship Program is available. The scholarship provides \$70 per month to an individual to help pay for Center activities. The program is made possible by donations.

In order to be eligible for the Scholarship Program, you must prove a financial need and meet certain criteria. Applications are available at the front desk or from the Center Director. ♦

Tuesdays from 9:00-12:00

Barber Shop is Open

The Center offers haircuts for men and women on **Tuesday** mornings from 9 to noon. Cost of this service is \$8. Only haircuts and trims are being offered at this time. The barber is Lisa Kesler who has many years of experience cutting hair.

Haircuts are scheduled by appointment, every 20 minutes, starting at 9:00. Appointments and payment are required in advanced. Cancellations need to be made 24 hours in advance for a refund. ♦

Newsletter Subscription

Pick up a newsletter at the front desk (.75¢ donation.) Newsletter Subscriptions are available for \$18 per year and are mailed to your home. Or view the newsletter on-line at www.murray.utah.gov (Department-Heritage.)

The newsletter is also emailed to anyone who has a current participant card and has given the Center a current email address. ♦

Chuck-A-Rama

Pick up your 20% senior discount cards at the front desk for any Chuck-A-Rama restaurant. The cost is \$1 and Chuck-A-Rama gives the Center all of the proceeds.

Thank you Chuck-A-Rama and those who purchase the cards! ♦

Wednesday, July 10 or August 14

Attorney Consultations

An attorney will be available for free 20 minute legal consultations on Wednesday, **July 10 or August 14** from **11:00-1:00**. Appointments are needed and are made at the front desk.

Senior Center Legal Clinics, are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or attempt to refer you to other sources of help but they will not attempt to represent you. Bring any documents and forms pertaining to your question. ♦

Cell Phone Etiquette

Just a reminder that cell phones can get annoying even at the Heritage Center. It's very distracting if you answer your cell phone during programs. Others don't really want to hear your phone conversation. Please walk away from the program or activity you are participating in if you need to answer your cell phone. The back yard or outside of the building would be a great spot to have a conversation. Everyone will thank you. ♦

VOLUNTEERS...VOLUNTEERS...VOLUNTEERS...VOLUNTEERS...VOLU

Volunteer of the Month - Lucylle Jones

Please join us in saying thank you to Lucylle Jones, our volunteer of the month who is being honored for 20 years of volunteer service at the Heritage Center. Lucylle is part of an elite group of only five other seniors that have reached the 20-year volunteer mark.

Lucylle was born on December 22, 1922 to a family with six children. Her parents were born in Poland and came to America seeking a better life. Lucylle grew up in the Chicago area, graduated from high school and began her working career. Her first job out of high school was working in a marshmallow factory where she was responsible for picking out the imperfect marshmallows in addition to removing the bags of marshmallows as they came down the conveyor belt. Her supervisor would come in periodically to help her because the conveyor belt was so fast. Lucylle says all she could taste was powdered sugar. She took two weeks of this sugary marshmallow world and quit! She still laughs when she recounts this story today!

From marshmallows to Mail Order House filling customer's orders and then the telephone company for three and half years. While working at the telephone company she met the love of her life Leo Jones. Leo, who was a sailor stationed at the naval base in Chicago at the time, had been walking down the street and smiled at her. They ended up getting on the same streetcar and struck up a conversation. She kept running into him over and over at the most common places. When he left, they corresponded for a few years before getting married in 1945. After enjoying 49 years of marriage Leo passed away in 1994.

Lucylle and Leo had two children, Gary and Sandra, and six grandchildren. Throughout their marriage they enjoyed fishing trips, deer hunting (Lucylle was always glad when he got 'skunked') and their dancing lessons. She is still proud of the man who could fix anything big or small. When her youngest child was in junior high school she returned to work for the phone company. At age 60, after 18 years with the phone company, Lucylle retired. Once retired, she began her volunteer service at the Catholic Center where she volunteered for 9 years. While volunteering at the Catholic Center she came across an article that said; "You are never too old to volunteer". Feeling ready for a change, Lucylle found her way to the Heritage Center where she volunteered at the front desk for many years. Now after 20 years, she has made many friends and enjoys volunteering in the Pen Pal Program. Lucylle still lives independently with her cat companion, whom she loves and spoils. She still cares for her yard and roses, enjoys reading fiction, solving crossword puzzles and attending St. Ann's Catholic Church with her daughter Sandra.

She takes part in the Center's activities including trips, and Wednesday lunch and bingo. The Center has been truly blessed with Lucylle's smile, jokes, and dedication for the past 20 years, we salute her!



Volunteers who have worked from July 2012-June 2013 will be honored at a banquet on Monday, July 15 at the Heritage Center. The invitation only event will honor more than 80 volunteers who have worked during the past year. A special thank you to all Heritage Volunteers!

20 Years of Service

Lucylle Jones

15 Years of Service

Anna Duncan

Glen Werner

10 Years of Service

Donna Bilanzich

Evelyn Dunn

Ann Montague

5 Years of Service

Carolyn Anderson

Barbara Connell

Tim Howe

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No Lunch Reservations Needed!
Drop by for the regular menu
item listed below or choose a
salad or sandwich.

JULY 2013

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a special event
Lunch is served anytime between 11:30-12:30.
Pay and make your selection when you are ready to eat.
Prices range from \$2-\$4

Monday	Tuesday	Wednesday	Thursday	Friday
BRUNCH CAFE 10:00 - 12:00 1	COUNTRY CLUB CHICKEN Over Rice Veggies Reeses' Pieces Brownies or Fruit 2	PORK CARNITAS TACOS Mexican Corn Salad, Fruit, Birthday Cake and Ice Cream or Fruit 3	CLOSED 4	TURKEY CRANBERRY SANDWICH Chips, Apple Salad, Fire Cracker Cookies or Fruit 5
BRUNCH CAFE 10:00 - 12:00 8	GARLIC ROSEMARY PORK CHOPS Roasted Potatoes Veggies Pie or Fruit 9	PARMESAN CRUSTED CHICKEN Lemon Garlic Pasta Broccoli Cookies or Fruit 10	CHICKEN RANCH BURGER Bacon & Broccoli Salad, Fruit, Rum Cake or Fruit 11	SALISBURY STEAKS Mashed Potatoes with Gravy, Carrots, Blueberry Cheesecake or Fruit 12
BRUNCH CAFE 10:00 - 12:00 15	GYROS Lemon Rice Green Salad Baklava or Fruit 16	BEEF STROGANOFF Egg Noodles Veggies Caramel Strawberry Banana Napoleons or Fruit 17	SHRIMP TACOS Cilantro Rice Churro Cupcakes or Fruit 18	STUFFED BELL PEPPERS Green Salad, Roll Grasshopper Parfait or Fruit 19
BRUNCH CAFE 10:00 - 12:00 22	LEMON DILL SALMON Baked Potato Veggies Rocky Road Cookies or Fruit 23	CLOSED 24	MONGOLIAN BEEF Summer Roll Salad Coconut Cloud Cake or Fruit 25	TERIYAKI TURKEY BURGERS Asian Slaw, Fruit Tropical Carrot Cake or Fruit 26
BRUNCH CAFE 10:00 - 12:00 29	CHICKEN PARMESAN MEATBALLS Mushroom Risotto Veggies Sundaes or Fruit 30	BRUSCHETTA CHICKEN Roasted Potatoes Veggies, Birthday Cake and Ice Cream or Fruit 31	Lunch Choices - Main Entree \$4 - Chef Special (varies) - Salad \$2 or \$4 - Sandwich \$2 or \$4 - Soup (seasonal) \$2 or \$4	

No Lunch Reservations Needed!
Drop by for the regular menu
item listed below or choose a salad
or sandwich.

AUGUST 2013

Heritage Center Menu

NO RESERVATIONS NEEDED unless it is a special event

Lunch is served anytime between 11:30-12:30.

Pay and make your selection when you are ready to eat.

Prices range from \$2.00-\$4.00

Monday	Tuesday	Wednesday	Thursday	Friday
Lunch Choices - Main Entree \$4 - Chef Special (varies) - Salad \$2 or \$4 - Sandwich \$2 or \$4 - Soup (seasonal) \$2 or \$4			GREEN CHILE PORK ENCHILADAS Cilantro Salad Mocha Tres Leches Cake or Fruit	POT ROAST Mashed Potatoes & Gravy, Veggies, Chocolate Raspberry Cream Cake or Fruit
BRUNCH CAFE 10:00 - 12:00	TUNA CAKES Rice Pilaf Veggies Praline Brownies or Fruit	PHILLY CHEESESTEAKS Summer Berry Salad Butterscotch Peach Cobbler or Fruit	BBQ CHICKEN SALAD Fruit Cookies & Cream Cookies or Fruit	TRADER'S CHICKEN Baked Potato, Spinach Casserole, Mint Chip Cupcakes or Fruit
BRUNCH CAFE 10:00 - 12:00	PRETZEL DOGS Chips, Strawberry Bacon Salad, Fruity Pebble Cupcakes or Fruit	BOURBON PORK OVER RICE Veggies Buckeye Brownies or Fruit	HONEY GARLIC CHICKEN Cheddar Beer Macaroni, Veggies Apple Upside Down Cake or Fruit	HERBED TILAPIA Rice Pilaf Veggies Strawberry Shortcupcake or Fruit
BRUNCH CAFE 10:00 - 12:00	CURRY CHICKEN HAYSTACKS Over Rice, Broccoli, Peanut Butter Cookies or Fruit	VEAL CUTLETS Mashed Potatoes and Gravy, Veggies Coconut Rum Cake or Fruit	PROSCIUTTO & ASPARAGUS PASTA Roasted Veggies Salted Caramel Pecan Bars or Fruit	CHICKEN BLT SANDWICH Cobb Salad Fruit Cuban Sugar Cookies or Fruit
BRUNCH CAFE 10:00 - 12:00	STEAK SALAD HORSE RADISH DRESSING Garlic Toast Chocolate Cannoli Bites or Fruit	STUFFED BURGERS Chips & Slaw Lime Cream Cheese Cake or Fruit	MARGARITA CHICKEN Baked Corn & Fruit Butterfinger Cupcakes or Fruit	PORK TAMALES Rice & Beans Cilantro Salad Snickers Cake or Fruit